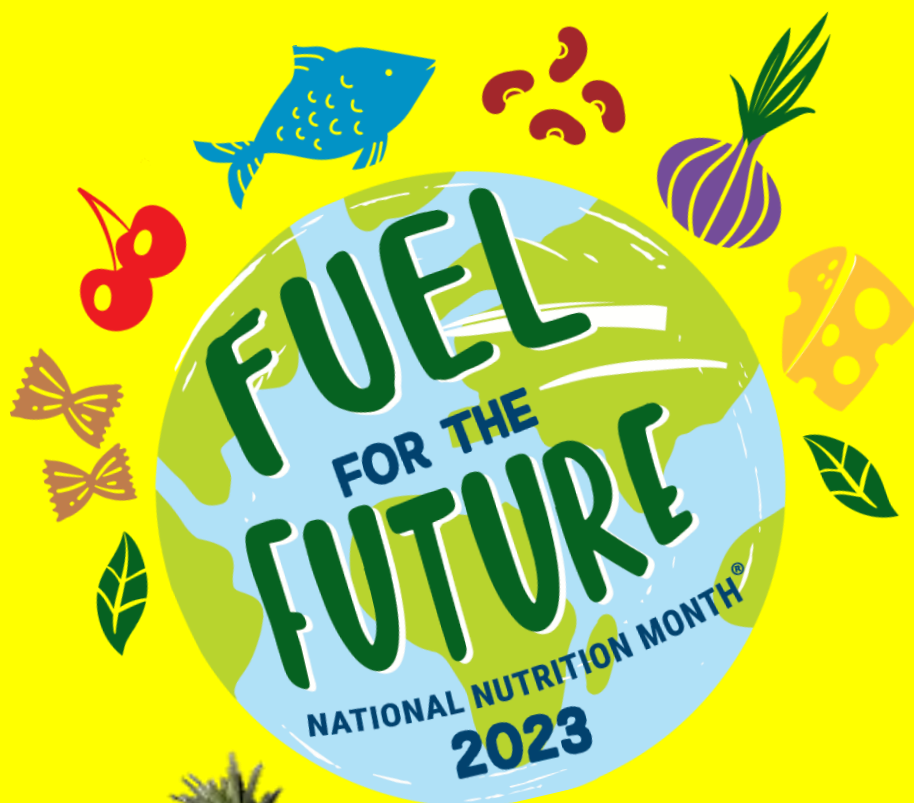




MAYORS WELLNESS CAMPAIGN®



MARCH IS NATIONAL NUTRITION MONTH



Eat Right!

Week 1: Eat with the environment in mind.

- Enjoy more plant-based meals and snacks.
- Purchase foods with minimal packaging.
- Buy foods in season and shop locally when possible.
- Start a container or backyard garden to grow food at home.



For health tips visit the Mayors Wellness Campaign at www.watchungnj.gov



Borough of Watchung
**PROUD TO BE
STIGMA FREE**

